

MARIJUANA-RELATED CRIME

at South Dakota State University

UPD CHARGES

DATA FROM 2013-2016

POSSESSION OF MARIJUANA

2013 2014 2015 2016

54 69 66 51

USE/POSSESSION OF DRUG PARAPHERNALIA

2013 2014 2015 2016

50 66 61 46

INGESTING SUBSTANCE

2013 2014 2015 2016

52 72 72 55

NATIONALLY:

1 in 20 college students use marijuana daily

MALES 1 in 11 FEMALES 1 in 35

TOP THREE RESIDENCE HALLS WITH MARIJUANA-RELATED CHARGES

1. Binnewies Hall

2. Pierson Hall

3. Hyde Hall

National, local marijuana use on the rise

LAURA BUTTERBRODT
Lifestyles Editor

National reports of marijuana use are at an all-time high, according to Darci Nichols, assistant director of Wellness Center Counseling. Statistics show one in 20 college students use marijuana daily. Broken down, the report said one in 11 males and one in 35 females use daily.

While SDSU has lower usage numbers than the national averages, the numbers are growing, Nichols said. Of all college students, only 6.2 percent reported use within 30 days of the study.

Effects of marijuana college students may find a benefit from include relaxation and improved mood.

"Students tend to report in sessions or assessments that they often use [marijuana] to help them fall asleep," Nichols said.

However, Nichols said these effects tend to overshadow the risks of smoking marijuana. Short-term

memory loss, decreased reaction time, difficulty thinking and a weakened immune system are also effects of marijuana.

"I think the more challenging piece is, how do you educate students about the downsides of use, especially if they're in a peer group where a lot of people are using," Nichols said.

The biggest consequences of using marijuana are the legal repercussions, however.

The University Police Department dealt 19 charges of possession of marijuana, 20 charges of ingesting a substance and 19 charges of use or possession of drug paraphernalia between January 1 and February 26, 2017.

According to UPD Detective Brandon Schultz and Brookings Police Lt. Derrick Powers, the legalization of marijuana in other states such as Colorado has led to increased use in Brookings.

Despite the increase, Powers said marijuana has been in Brookings long before other states legalized it.

"It isn't lately, it's been something that we've always dealt with," Powers said.

Schultz said he has come across higher use of marijuana in the form of edibles, wax and oils. Since these forms of marijuana are chemically altered, they are considered a controlled substance.

Controlled substance charges are a felony, which differs from ingestion or possession of marijuana charges, both are a misdemeanor.

Both UPD and Brookings Police have been working on enforcement of drug possession and are spending more time investigating charges. The Brookings Police Department also has a drug dog that works with officers.

The amount of students smoking in the residence halls has decreased since he started in 2011, said Schultz. But many students who are caught ingesting, or in possession, are found after returning to residence halls.

"A lot of what's coming from the dorms now ... it's the people coming

back inside and the odor trails them to their room," Schultz said. Instead, students may go to the Southeast Resident parking lot, or drive around on gravel roads outside of Brookings to smoke.

According to Powers and Schultz, smoking while driving is a problem because it changes ingestion charges to a DUI.

"Smoking marijuana is bad: [it's] not legal, [it's a] class one misdemeanor, but DUI is a lot worse," Schultz said.

When a student is caught ingesting or in possession of marijuana, they are brought into custody and a report is filed to the State's Attorney. Student Affairs and the dean of students are also notified.

"Depending on the circumstances, whether it's a DUI arrest or a possession arrest, the amount of it, there are consequences," Powers said. "It just doesn't stop at the fine. This is something that can stay on your record."

Biking to class relieves stress, improves time management

PATRICK BOWDEN
Reporter

Students living off campus have a choice in their morning commute to school: they can drive and find a parking spot, or choose to walk or bike to class.

Because commuter lots are typically full during the weekdays, some upperclassmen choose the latter as a means to either get outdoors, save the trouble of finding a parking spot or simply because they don't have a vehicle.

According to South Dakota State Wellness Director Mariah Weber, biking to campus can be a healthy alternative to driving that is not physically strenuous.

"It's going to be lower impact; it's not nearly as hard on your joints as running or walking would be and just any cardio activity is going to reduce your chances of heart disease and stroke by about half," Weber said.

The City of Brookings is promoting a more bike-friendly atmosphere for pedestrians, according to Justin Parks, the

SDSU Outdoor Programs Coordinator. Parks claims the city is moving toward a national gold ranking in biker-friendliness.

"The Brookings Bicycle Advisory Committee is trying to find ways to move us all the way up to the gold standard," Parks said. "It would be through trails, bike lanes and added perks for cyclists that goes into having stations set up across the city for people to park their bikes [and] for people to do minor maintenance."

One junior mechanical engineering student, Seth Jackson, commutes from his off-campus apartment every day. Jackson owns a car, but chooses to bike.

"It's just easier, I didn't want to pay for a parking permit and look for a parking spot every morning, and I just like being outside and being on my bike," Jackson said. "It's definitely nice to be outside and get exercise because otherwise I wouldn't get any exercise."

Continued to A9

Pressure pills: students stressed to succeed

MAKENZIE HUBER
Editor-in-Chief

The pressure to succeed is ever present for college students. Employers and professional programs expect students to be well-rounded individuals who achieve high grade point averages, involved in multiple campus activities and leaders among their peers.

For some students, those expectations can lead to illegal use of prescription drugs to perform better in school, otherwise known as "pressure pills."

These pressure pills are usually used among students during high stress times, such as midterms and finals. Because of this, many students think they can't get addicted to the substance, but that's a common misconception. Just like any drug, there are always risks.

Although Darci Nichols, assistant director of Wellness Center Counseling, doesn't often see students come in to address this issue, she recognizes it as a nation-wide problem.

About 10 percent of college students nationally have used prescription drugs illegal-



ABBY FULLENKAMP • The Collegian

Nationally, about 10 percent of college students have engaged in illegal use of prescription pills, such as Adderall or Ritalin, to improve academic performance.

ly to perform better in school, according to the Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery.

Students who use pressure pills would appear as "a student spread very thin," Nichols said. This profile is a student who tries to accomplish multiple things in a short amount

of time, trying to balance work, friends, family, school, activities and a social life.

"I think they're a student trying to get done in less time," Nichols said. "It doesn't necessarily have to be a low-achieving student, but rather busy students."

Continued to A9

DAILY CRIME LOG

- 2.17.17**
- 2:16 a.m. @ Hansen Hall. Poss. Controlled Substance, Poss. Marijuana/Paraphernalia, Ingesting.
 - 2:16 a.m. @ Hansen Hall. Poss. Marijuana/Paraphernalia, Ingesting.
 - 2.18.17**
 - 1:16 a.m. @ 1000 Block of Medary. Underage Consumption, DUI, Open Container.
 - 1:16 a.m. @ 1000 Block of Medary. Underage Consumption.
 - 2.19.17**
 - 12:17 a.m. @ Garden Village. Underage Consumption.
 - 2.25.17**
 - 1:17 a.m. @ Pierson Hall. Underage, Obstructing an law enforcement officer, Ingesting, Poss. Marijuana/Paraphernalia.
 - 3:04 a.m. @ Pierson Hall. 2 Poss. Marijuana/Drug Paraphernalia, Ingestion.
 - 2.26.17**
 - 12:49 a.m. @ Young Hall. 3 Underage Consumption.
 - 4:49 a.m. @ Brown Hall. Aggravated Assault.
 - 9:24 p.m. @ Binnewies Hall. Poss. Marijuana/Paraphernalia, Underage, Poss. Fake ID, Ingesting.
 - 9:24 p.m. @ Binnewies Hall. 2 Poss. Marijuana/Paraphernalia, Underage, Ingesting.

CLASSIFIEDS

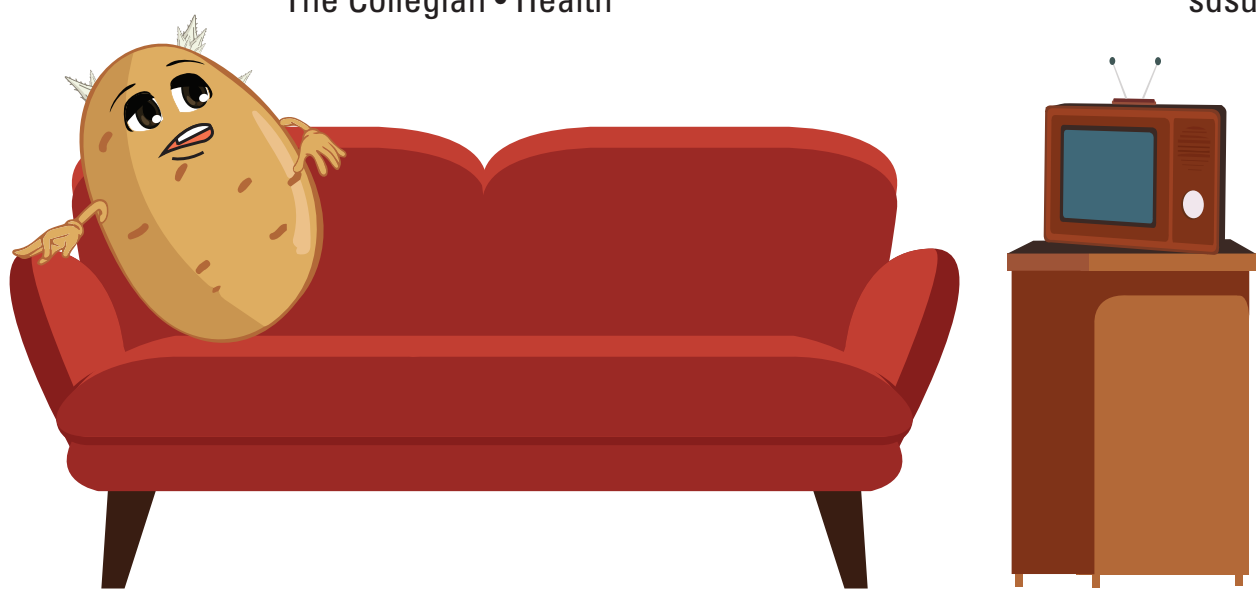
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Duplex for rent: Both units are 3 bedroom, 2 bathroom, washer dryer in units. Call or text (605) 690-1257 for showing.



Collegian graphic by BAILEY HILL

Couch potato syndrome: balance key in binge-watching, eating

GARRETT AMMESMAKI
News Editor

Millennials have the distinct pleasure of being raised in a world where entertainment is, very literally, at their fingertips. Netflix, Hulu and YouTube allow people to watch a year's worth of television in days.

The suspicion is that binge-watching, or watching large amounts of a television series in one sitting, is strictly a Millennial practice and a Millennial problem.

"... [W]hat I've seen is probably a lot of decreased socialization," Wellness Counselor Polly Davis said. "Which ... can obviously have an impact on your mental health."

Davis attributed the large amount of binge-watching to not only being pleasurable, but also an activity for people who cannot find an extracurricular activity that fits their interests.

"... [E]specially if you have

any social anxiety," Davis said, "it probably feels safer to stay with Netflix, or something like that, versus going out and socializing and taking the chance on something negative happening in that way ... and it's easy."

“That generation [Millennials] was definitely brought up in that environment, so it's maybe easier because that's your norm.

Polly Davis
Wellness Counselor

Though it can have negative mental effects, fitness coordinator at the Wellness Center, Kerry Brown, does not believe binge-watching is a pervasive issue in terms of physical fitness.

"I do see students use Netflix or other platforms, such as Hulu

or YouTube while they're on cardiovascular equipment," Brown said.

However, if students decide to binge-eat while they binge-watch, according to Brown, it may become an issue.

"Any excess of caloric intake could potentially lead to weight gain," Brown said. "But, if they just have just a single night where they binge-watch and binge-eat, it's not necessarily a bad thing."

The problem, Brown said, is hard to discern.

When a student binge-eats while they binge-watch, Brown said, it is not inherently a bad thing. Problems with weight gain arise when a student increases eating, but does not burn the excess calories.

Senior editorial journalism major, Shanell Peterson, hasn't seen any negative physical effects with her own binge-watching.

"Occasionally I find that my

whole day has been dedicated solely to YouTube," Peterson said. "But I think that's part of life balance. I work all the time, I gotta have some eat-a-bunch-of-graham-crackers-and-binge-watch-Casey-Neistat downtime."

According to a 2016 study conducted by the Deloitte consulting firm, the majority of Millennials subscribe to digital streaming services, but 70 percent of all U.S. consumers binge-watch TV and average "five episodes per sitting."

Though there can be negative effects of binge-watching, as well as binge-eating at the same time, and these issues do affect Millennials, overall binge-watching is not limited to Millennials, Davis said.

"That generation [Millennials] was definitely brought up in that environment, so it's maybe easier because that's your norm," Davis said. "But I do think it's affecting other generations, too."

Health officials urge testing to combat rise of STDs

IAN LACK
Reporter

According to the South Dakota Department of Health (DOH), numbers of reported cases of prevalent STDs have been on the rise in South Dakota.

"Chlamydia has always been at high numbers, and climbs a little each year. Over the last six to seven years, we've seen steady increases in gonorrhea," said Amanda Gill, STD program manager for the DOH. "Syphilis is interesting for us right now, as we took a huge leap in 2014, and haven't been able to get our numbers back down [to] normal levels. The 2016 HIV cases are the most ever reported in one year in South Dakota."

According to the Center of Disease Control (CDC), there are more than 30 types of STDs identified across the world. The most prevalent within the U.S. is chlamydia with more than 1.5 million reported cases.

Tanya Thomsen, a Family Planning coordinator at the student health clinic, said this is the most prevalent STD on South Dakota State's campus.

"The reason for that is chlamydia doesn't usually show symptoms," Thomsen said. "That's why coming in and getting a screening is so important; you can't treat what you don't know you have."

Family Planning is a federal program that acts as a division of the student health clinic,

offering services to students and non-students as part of the Wellness Center.

Samantha Swenson, a junior human development and family studies major, has worked as a student receptionist at Family Planning for almost a year. She believes there is an awkwardness among students when it comes to discussing the topic of STDs.

"I think that when students come in [to Family Planning], they're ashamed or embarrassed to be there," Swenson said.

"I think we should try to talk about [STD] screenings as more of a regular, healthy thing to do. If we're more proactive about that, we'd be better at putting a stop to this spreading."

In addition to providing health exams and STD screenings, the clinic also provides contraceptive methods, education on reproductive health issues, counseling services and referrals to other health specialists.

Symptoms for STDs can begin to appear anywhere from two days to as long as several months after infection and can include rashes, blisters, sores, itching and painful discharge. However, many strains of STDs have no visible symptoms.

If left untreated, many STDs can lead to Pelvic Inflammatory Disease (PID), an increased risk of contracting HIV/AIDS.

Sexually Transmitted Diseases

CHLAMYDIA

The bacteria that cause chlamydia usually infect a woman's cervix or it may infect the urethra in both men and women. It can also infect the rectum, throat or eyes.

In 2014, **ONE million cases** were reported



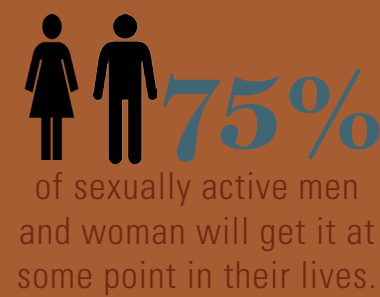
1 in 10 young women test **positive** for chlamydia

Chlamydia can be cured with antibiotics

HPV & GENITAL WARTS

There are more than 150 different types of Human Papillomavirus (HPV), but only a few of those cause genital warts. Other types of HPV can cause cervical cancer.

79 million Americans are currently infected with HPV



Most of the time, HPV goes away on its own.

GONORRHEA

Gonorrhea – sometimes called "the Clap" – is caused by a certain type of bacteria. Most often, it infects the penis or vagina, but it can also infect the rectum, throat or eyes.

In 2014, **350,000** cases were reported.

Most people who have it don't know because they do not exhibit symptoms



Gonorrhea can be cured with antibiotics. A clinician may give you an antibiotic shot along with other medicine to take in the clinic, or he or she may prescribe pills.

HIV (AIDS) & SYPHILIS

HIV (Human Immunodeficiency Virus) is the virus that causes AIDS (Acquired Immunodeficiency Syndrome). HIV attacks the white blood cells, which makes it hard for a person's body to fight off infections.

1.2 million are living with HIV/AIDS in the U.S.

Syphilis is a sexually-transmitted disease caused by a kind of bacteria. It usually starts by causing painless sores (called chancres) or rashes on the skin, but over time it can become serious.

Syphilis is most commonly found in men who have sex with other men.



Syphilis can be cured by an antibiotic shot.

HIV cannot be cured.

Collegian graphic by KATIE GEBAUER

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SDSU honors Powell family as 2017 Family of the Year



ABBY FULLENKAMP • The Collegian

The SDSU Family of the Year award went to the Powell family of Chamberlain. The Powells have had 21 family members across two generations attend SDSU. The family was honored and given the award during halftime of the Feb. 25 men's basketball.

RENAE VINZANT
Reporter

The 37th annual Family of the Year award went to the family of Arthur and Evelyn Powell of Chamberlain. All four of their sons, Greg, Brad, Gary and Todd, followed a family tradition of attending SDSU since 1978.

A loyal SDSU family is nominated for Family of the Year by the SDSU community or a family member. The Family of the Year is chosen by the Staters for State, a student group under the Alumni Association, based on criteria such as number of family members who attended SDSU, donations and support to the university.

The Powell family has had 21 family members across two generations attend SDSU. More than 10 Powell grandchildren have attended SDSU, with more generations to come.

Evelyn strongly encouraged her sons to attend college, and it was an accomplishment to see her four sons graduate from SDSU, said Brad, second-born son.

"We all wanted to go into farming. She said, 'You will all graduate from college so you have something to fall back on,'" said Greg, eldest child.

After growing up on a crop and livestock farm 21 miles south of Chamberlain, the main driving factor to attend SDSU is the university's commitment to agricultural education, Brad said.

At the Feb. 25 luncheon at McCrory Gardens, the family gathered together for a meal and to hear speakers on behalf of their family.

The family gets together regularly, but it was an honor to get together on this day, said Rebecca Powell, granddaughter.

"This family is a great role-model for everyone who

comes through the halls of this school," said President Barry Dunn during the luncheon. "You can feel the love in this room."

The Powell family has been actively involved in the university through the Alpha Gamma Rho Fraternity, intramural athletics and working as admissions ambassadors.

"SDSU holds a very special place in all of our family's hearts," Rebecca said. "There was no better university to fit our family."

The Staters receive nominations every year that stay in the running for three years, if they do not win Family of the Year. For instance, the Powell family's nomination was received in Nov. 2014, according to Kayla Bessler, adviser for Staters for State.

"These families have given a lot of time, talent and treasure to the university," Bessler said.

Wokini Initiative aimed at increasing retention, outreach to Native American students, communities

GARRETT AMMESMAKI
News Editor

The Wokini Initiative is meant to provide consistent funding for the Dakota and Lakota student population of South Dakota State University.

The initiative is spearheaded by President Barry Dunn, along with members of the Brookings Reconciliation Council and Native American faculty at SDSU. Dunn intends to use \$550,000 from the university's land-grant properties to free annual funding for collaborative research projects related to Native communities, preserve Dakota and Lakota language and build a new, stand-alone American Indian Student Center.

According to the proposal, by 2014, 43.1 percent of South Dakotans, ages 25 to 64, had achieved an associate degree or higher, compared to 20 percent of the American Indian population.

"SDSU has a responsibility to provide educational opportunities for this under-served population, as it does for all people," the proposal read.

Currently, most Native American student programs and research are funded by grants, a source of funding that is short-term and ultimately unreliable, according to Alaina Hanks, an SDSU Counseling Human Re-

source Development graduate student and member of the BRC.

"It sucks when you know you're going to run out of money," Hanks said, "and when you know your staff aren't going to be able to be on staff anymore because they're running out of money, too."

According to the proposal, the initiative also looks to connect SDSU with tribal colleges across the state through outreach programs and focus on the retention and recruitment of Native American students.

Overall, Hanks and others on the BRC are excited for the proposal. Hanks, a member of the SDSU Native American student community, said the initiative is long overdue.

"I've been here forever," Hanks said. "I've watched them go through all these different plans and I've watched them run through the College Access Grant and all these other pieces. And every time something starts to work and they see ... Native students being more active and staying longer and gaining something, every time it happens, the funding is gone."

As member of the Rosebud Sioux Tribe, Dunn is well aware of the issues the Native American community faces.

"It's really important to know," Dunn said. "The 1886



SUBMITTED PHOTO

President Dunn's proposal would offer programming and support to South Dakota tribal nations using \$500,000 of annual revenue SDSU and SDAES receive from land-grant properties. Dunn is a member of the Rosebud Sioux Tribe.

Fort Laramie Treaty between the U.S. Government and the Lakota designated all of western South Dakota and part of Wyoming for the Lakota people. In 1887 that was taken away."

It is not possible, according to Dunn, to take the highest road "morally and ethically," by returning the land taken from the Dakota and Lakota tribes, but the Wokini Initiative is a step toward mending relations with the Native American community of South Dakota.

Dunn has reached out to

other members and representatives of the SDSU community to get approval for the Wokini Initiative. For example, Students' Association unanimously approved the initiative at its Feb. 26 meeting.

"We've got a shot at doing something my parents didn't do and other people haven't done ... It's going to take a sincere effort," Dunn said. "The challenge isn't just to me, it's the whole campus community. Do we give a damn or not?"

Student stabbed in Brown Hall

IAN LACK
Reporter

An investigation is underway into the stabbing of a South Dakota State student on the first floor of Brown Hall, which occurred during the early morning on Feb. 26.

University Campus Police and the South Dakota Division of Criminal Investigation are conducting the investigation.

The victim, a male student, is in stable condition, after being airlifted to a Sioux Falls hospital.

University authorities have identified Lucky Mai, 19, as the perpetrator. Mai is not a student at SDSU and was staying in friends' dorm after being removed from SDSU on Friday, according to KDLT news.

Mai was alone in the room and went to bed around 2:30 a.m. Sunday. He left the door unlocked for his friends when they returned, reported KDLT news.

Mai woke up around 4:45 a.m. to find a naked, unknown person inside the dorm and urinating on objects, reported by KDLT news.

The individual then laid down next to Mai, causing confrontation to break out between the two. Scared, Mai took a knife on the dresser and stabbed him six times, saying he acted in self defense.

A Brown Hall community assistant was alerted to the confrontation between Mai and the student. The CA contacted university police, who arrested Mai when they arrived at the scene. SDSU's policy on weapons restricts blades within residence halls that are longer than four inches.

"Lucky Mai wasn't a guest of the student's," said Mike Lockrem, director of University Marketing and Communications. "A break-in didn't occur for the stabber to enter the building, because he was a guest of another person in the hall."

Mai is in custody on an aggravated assault charge, with a \$75,000 cash-only bond.

"I think we just want to add that this is a safe campus and, fortunately, events like this don't happen often. Everyone is affected differently by things like this," said Don Challis, assistant vice president of Safety and Security. "We want to make sure that we encourage students to use counseling services as they're needed."

Hedge named SDSU provost

MAKENZIE HUBER
Editor-in-Chief

Dennis Hedge was named South Dakota State's next provost and vice president of Academic Affairs Feb. 23.

The decision comes after a six-month, nation-wide search. Hedge served as the interim provost since May 2016.

"Dennis is a proven leader who is respected by his peers, and he will elevate the university to another level in his role. It became clear during the search process, that Dennis' energy and understanding of higher education in the state and region will be a benefit to all of us at SDSU," wrote SDSU President Barry Dunn, in an email to staff and faculty.

Hedge served as co-chair of the strategic planning committee as interim provost. He also helped to plan national searches for a new dean of the College of Agriculture and Biological Sciences and dean of the Van D. and Barbara B. Fishback Honors College.

A member of the SDSU staff and faculty since 1992, Hedge previously served as dean of the College of Pharmacy and Allied Health Professions from 2008, until his appointment as interim provost.

Continued to A6

The importance of legislators repealing Initiated Measure 22

BAYLEE DITTMAN
Guest Columnist

Many seem to be under the impression that South Dakota has a corruption problem.

There is displeasure with the passing of House Bill 1069, which effectively repeals Initiated Measure 22. As an intern in Pierre, I had the benefit of seeing all sides of the issue as they were presented, and I'm so thankful our legislators repealed IM-22.

Random people from Massachusetts brought IM-22 forward, and used \$1.7 million of out-of-state money to campaign for the measure, while only \$600,000 of out-of-state money was brought in opposition of the measure, according to the Secretary of State's website.

Law requires all donations more than \$100 be reported to the Secretary's Office, which includes the money from lobbyists to politicians and campaigns. One of the main arguments of IM-22 was to stop lobbyists from "secretly giving money to politicians," which is already a law.

IM-22 was a 35-page mess. The Legislative Research Council told authors of the measure of mistakes: a date and reference correction in Section 39, removal of Section 42 because it's already in statute and that the measure was likely to be found unconstitutional. They did not move to fix these issues.

The ethics commission in IM-22 was a fourth branch of government with unrestricted power. It was a group of people that had to answer to no one and could investigate anyone for any unsupported reason. They could also allocate funds to wherever they chose, whenever — a responsibility constitutionally required of the Legislative Allocations Committee. They could even repeal laws according to section 40 of the measure. Hence the reasons IM-22 was unconstitutional.

IM-22 was also unconstitutional because it allocated money for publicly funded campaigns. There isn't enough money in the budget outlined in the measure to cover all active voters and, again, only Allocations can make this action.

IM-22 would've made numerous legislators "de-facto criminals," simply because legislators, or their spouses, have other jobs. Our legislators get paid about \$6,000 a session; I make just under \$5,000 as an intern, so unless they're retired they all have other jobs. IM-22 stated in Section 31 that if you or a family member worked for a business that employs a lobbyist you were a felon.

So, your wife's a nurse at Avera? You're a felon, because Avera employs a lobbyist.

You're a teacher? Felon. Our legislators don't work for the money and couldn't if they, or anyone in their family, has a job, according to IM-22.

Legislatures have already passed bills in the House and/or Senate that constitutionally meet the will of the people because they heard you, the voters. They just wanted to do it the right and constitutional way.

Baylee Dittman is a speech communications major and currently an intern at the South Dakota Legislature. She can be reached at baylee.dittman@jacks.sdstate.edu.

Greening your exercise, helping the environment

JENNIFER McLAUGHLIN
Guest Columnist

Taking care of yourself can benefit not only you, but also the world around you. Health is not often thought of when considering sustainability; however, the two can go hand-in-hand. Sustainability practices increase health, and using healthy practices can improve sustainability. Let's look at exercise as an example.

The Center for Disease Control (CDC) recommends exercising as a means to stay healthy — both physically and mentally. Stop over at the Wellness Center any time of the day and you can spot people walking around the track, or pedaling speedily on a bike machine. It's evident exercise is important to many on campus.

Now, think of all the time we spend sitting in a car to get from place to place. Not only does driving have a negative environmental effect, but it can also diminish our health — and not just with the risk of a car accident. An article titled "Driving: A Road to Unhealthy Lifestyles

and Poor Health Outcomes" by Ding and Gebel et al., discusses that longer driving times can contribute to lack of sleep, obesity and stress.

Putting sustainability and health together, we can use exercise as a means of transportation. Not only are we achieving the CDC's recommended amount of exercise per week, but we are also contributing to a cleaner environment. Walking and biking produce zero pollutants; a cleaner environment, in turn, helps reduce the frequency and severity of some health issues, such as asthma.

While Brookings may not have the intense driving conditions studied in the article, we can still be proactive in both improving our health and the surrounding environment. Think of it this way: as we use exercise as a means of transportation, not only are we helping ourselves but we are also positively contributing to a healthier environment for all.

Jennifer McLaughlin is the sustainability specialist and can be reached at jennifer.mclaughlin@sdstate.edu.

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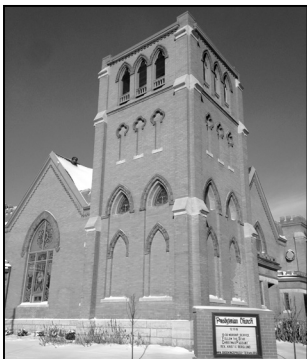
SUDOKU

To solve the Sudoku puzzle, each row, column and box must contain the numbers 1 to 9.

9		4						1
3							9	
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1								
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4	9	8						2
5			1	8	3		7	
8		9	5	6				4

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the Collegian CROSSWORD

Across

- 1 Shaker contents
5 “___! Who goes there?”
10 Secreted
13 China setting
14 Fancy home
15 Garden figure
17 Highway exit
18 Hot coal
19 Sofer of soaps
20 Materialize
22 Congeal
23 Gym equipment
24 Wood file
26 Releases, as a con
28 Fall mo.
31 Bridle part
33 Convent dweller
34 Investigate
36 Survey part
40 Fizzy drink
41 Samovar
42 Nile queen, informally
44 Seizure
47 Kind of fork
48 Press for payment
49 European tongue
51 Barbary beast
52 Ship's officer
56 Tubers
58 Robin Cook thriller
59 Uris protagonist
61 Acerb
65 Awestruck
66 Like the flu
68 Comic strip “___ & Janis”

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the
Collegian

Volume 132 • Issue 17

The Collegian is the independent student newspaper at South Dakota State University in Brookings, S.D. The Collegian is published by and for South Dakota State University students under the First Amendment guarantees of free speech

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Lifestyles

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Alternative workouts to take the repetitious out of your repetitions

LIBBEY MILES
Lifestyles Reporter

Traditional ways of working out, like treadmills or ellipticals, can be repetitive for some and intimidating for others. However, there are more exciting and unique options for working out that aren't highlighted often.

Some alternative forms of exercise offered at SDSU include group fitness classes, swimming, cycling classes and the rock wall.

"Cycle classes are very different than running outside," said Anjali Ranadive, Beachbody Live Master Trainer and instructor at the SDSU Wellness Cen-

ter. "You get music and the energy of a group. It's a fun environment. Running on your own, you have to be very self-motivated and it's a lot easier to quit than if you're in a cycling class."

Ranadive said it's important to mix up exercise routines. Doing the same workouts frequently leads to overuse, injury and your body becomes less effective because it gets used to it. Because of this, she recommends cross training.

"So many people stick to the cardio machines when we have so much more to offer," said Jacob Heidenrich, a personal trainer at the Wellness Cen-

ter and junior majoring in exercise science and health education. "There's nothing more satisfying than lifting weights you didn't think you could or seeing your muscles grow. Getting a personal trainer can be a great way to learn how to properly lift weights, and become more confident with yourself in the gym."

With the weather improving, Ranadive also recommends outdoor activities like volleyball and Frisbee.

To join group courses at the Wellness Center, students pay a membership of \$50 per semester, or \$90 each year.

8-MOVE SPRING BREAK WORKOUT

1 Squat and Shoulder Press

Works butt, thighs, arms

Stand with feet hip-width apart, holding five-pound weights in each hand, arms bent, palms facing in. Bend knees and squat, as shown; pause, then stand and press arms straight up over shoulders. Do 8 to 12 reps.

2 Pull Combo

Works butt, thighs, abs

Stand with feet hip-width apart, arms bent 90 degrees, with left hand near hip and right hand up by face, like a sprinter. Bend and lift left knee toward chest, then lean torso forward, extend left arm forward and left leg back, as shown. Return to standing, step left foot behind you and lower into a lunge, arms back in sprinter position; pause. Rise up in one explosive motion, swinging arms so they switch positions, lifting left knee toward chest and rising up onto toes of right foot. Do entire sequence 8 to 12 times; switch legs and repeat.

Workout courtesy of:
<http://www.glamour.com/gallery/8-workout-moves-for-a-toned-body-in-two-weeks#2>

3 Crossover Lunge

Works calves, hamstrings, butt

Stand with arms at shoulder height, palms down. Step forward with right foot, crossing it in front of left. Lower into a curtsy lunge (right knee shouldn't go past toes) while twisting torso right, as shown. Untwist, push off right foot, return to start. Do 8 to 12 reps; switch legs and repeat.

4 Inchworm

Works abs, chest, arms

Bend forward, place hands on floor in front of toes, and walk hands forward, as shown, until you reach plank position. Do a push-up, then inch back to start. (Keep belly button pulled in.) Do 8 to 12 reps.

5 Standing Lift

Works obliques, back, shoulders

Stand with left foot in front of right, holding one weight with both hands, arms extended so weight is by right hip. Rotate arms up and across, as shown (don't twist torso); pause, then return to start. Do 8 to 12 reps; switch sides and repeat.

6 Side Plank

Works abs, obliques, butt, hips, thighs

Lie on right side with legs extended, hips and feet stacked; prop yourself up on your right forearm, elbow under shoulder, and place left hand on your waist. Slowly lift hips off the floor as high as you can, as shown; hold for 15 to 30 seconds, belly button pulled in toward spine. Lower to start, switch sides and repeat.

7 Bicep Curl

Works biceps, shoulders, back

Stand holding a weight in each hand, arms down, palms facing thighs. Curl weights toward shoulders, rotating palms up toward your chest as you lift, as shown; pause. Lower to start. Do 12 to 15 reps.

8 Kickback

Works triceps, back

Stand with right foot in front of left, holding a weight in left hand; lean forward with back flat; bend left elbow 90 degrees. Slowly extend arm back, lifting weight as high as you can, as shown; pause. Lower and repeat. Do 12 to 15 reps; switch sides and repeat.

Senior artists display works in art exhibitions



BRIANNA SCHREURS • The Collegian

A visitor looks at a painting done by senior graphic design major Katie Lee, made with embroidery floss and paint, during her senior exhibition, "White Space."

LAURA BUTTERBRODT
Lifestyles Editor

The South Dakota State University School of Design senior review class is presenting Senior Exhibitions now through April 7 in the Ritz Gallery located in Grove Hall.

The first exhibition, "White Space," featured art from Julia Bodnaruk, Taylor Lohan, John Hanusa and Katie Lee and ran Feb. 21 through Feb. 24.

"I'm excited because I've been able to include works outside of just design, including painting and drawing," Lee said before her show.

“Our class is a pretty tight-knit group and they’ve become like a family-away-from-home sort of thing.

Katie Lee
Graphic Design Student

The exhibit currently in the Ritz Gallery is a collaboration between Hanna Peterson, Katie Gebauer, Luke Bryant and Liza

McCann. "Collective" features graphic design from Peterson, Gebauer and McCann with ceramic work from Bryant.

"... [A]s far as inspiration goes, I approach my work as a sort of an experiment, because there are many variables and often unknown results," Bryant said.

Peterson said she aims to create purposeful and functional art with a playful aesthetic by using color, forms, history and typography.

The reception for "Collective" will be 5 p.m. to 7 p.m. March 2 in the Ritz Gallery. The exhibition runs until March 3. The Ritz Gallery is open from 8 a.m. to 5 p.m. on weekdays.

The senior review class, ART 400, is required for students graduating with a graphic design or visual arts major.

"Our class is a pretty tight-knit group and they've become like a family-away-from-home sort of thing," Lee said.

The senior shows will feature graphic design projects such as brand identity, package design and poster design. Other variations between the shows could also include photography, animation, motion graphics, illustration and studio art works.



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Health care, education majority of SD graduate employment

ALISON DURHEIM
Reporter

South Dakota public university graduates find employment in many industries, but the top two industries that employed graduates in 2014 were at the top by a longshot.

Health services was the top industry graduates found employment in, sitting at 29.9 percent, while educational services was the second highest industry at 19.6 percent and retail trade coming in third, at 9 percent.

Dean of the College of Nursing Nancy Fahrenwald and Dean of the College of Education and Human Sciences Jill Thorngren weighed in on the topic, offering their thoughts as to why these industries were at the top.

Fahrenwald attributed it to the need for health service professions.

The “Aging population needs health services and care options,” Fahrenwald said.

In SDBOR projections of population growth, the number of residents that will be 65 or older will increase by 59.2 percent by the year 2030, creating a need for professions in the state to care for older generations.

“I feel that we are always in need of nurses and assistants in healthcare simply because people

are living longer,” Danielle Kramer, a senior nursing student at South Dakota State, said. “[T]here is a higher demand for both hospital care for chronic diseases of these patients, and then long-term facilities once they are no longer able to care for themselves at home.”

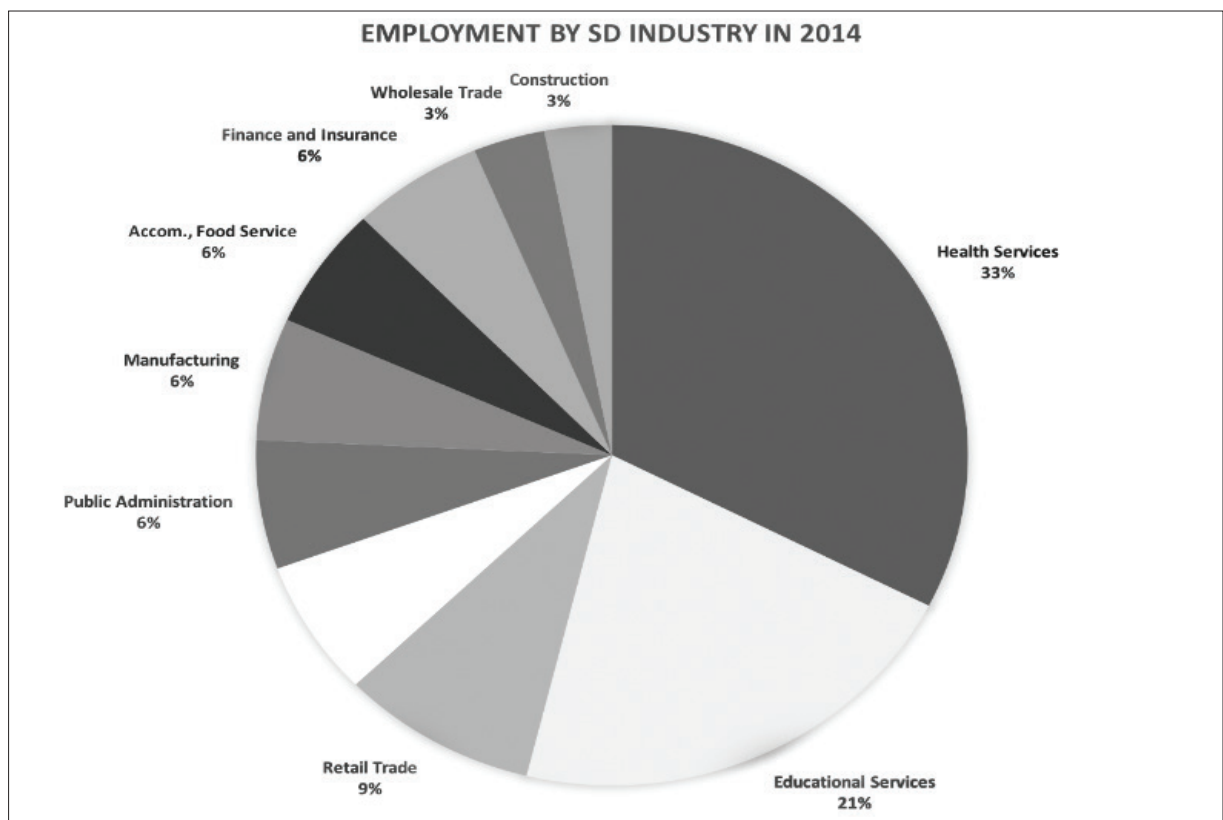
Jobs offered in the healthcare industry not directly involved with patient care also play a role, according to Fahrenwald. Some examples are marketing, advertising and data personnel.

According to the SDBOR projections, because of the continuing rise in population, the need for educational service industries is on the rise as well.

“There’s a great opportunity for students to major in education right now and find jobs in South Dakota,” Thorngren said.

The shortage of teachers within the state, increase in teacher pay and the amount of teachers soon to retire have allowed room for a lot of growth and employment within the industry.

“One of our opportunities and challenges is graduating teacher education candidates and keeping them in South Dakota,” Thorngren said. “That’s one of our goals and our strategic initiatives are to make sure we have strong enrollments and



SUBMITTED PHOTO

Health services makes up 33 percent of South Dakota industry, with educational services coming in at 21 percent. Despite the large employment within educational services, there is still a teacher shortage as educators retire and the population continues to grow.

graduations keeping students here to the extent we can.”

One step toward better teacher retention was South Dakota legislature’s boost of teacher pay in 2016, by an average of \$8,500 a year, and there are

many students looking to take advantage of the raise in pay and job openings.

Alex Thorson, a junior early childhood education major, plans to teach in South Dakota post-graduation, and the re-

cent shortages provide encouragement that it won’t be very difficult.

“In South Dakota, especially West River, they are lacking, and looking for new teachers with the shortage,” Thorson said.

General Activity Fee debate takes SA meeting into overtime

EMILY De WAARD
News Editor

Students’ Association’s Monday night meeting was a historic one. Senators and others in attendance debated several issues, namely SA’s GAF proposal, until midnight, with only two short recesses.

Administration has proposed a GAF (general activity fee) increasing of \$5.57 and SA is forming a proposal of how the university could allocate these funds.

SA voted unanimously to approve an amended version of their GAF proposal after a long debate. The amendments included moving 17 cents from the Union/Wellness Center M&R Funds to the Tier 2 budgets and acknowledging that the Office of Multicultural Affairs falls under this budget, with the intent of the extra funds assisting this group. Senators also moved \$3.07 of the GAF increase to fiscal year, 18 from FY19, for the proposal.

SA passed two other resolutions, 16-12-R and 16-14-R, showing their support of President Barry Dunn’s Wokini Initiative and a mixed-fee method for the bond and utility fee, respectively.

President Dunn’s Wokini Initiative seeks to provide programming and support for Native American students. Administration has proposed to move the B&U fee, which is currently assessed on all meal plans, to the GAF; whereas SA proposes a mixed-fee method, collecting the B&U fee from both meal plan costs and the GAF.

Three more people were nominated for the presidential slate, bringing the count to four tickets this election. However, Brianna Doran and Cole Hinz, nominated for president and vice pres-

ident respectively, later decided not to run, according to Hinz.

The lineup stands as follows:

- Vice President Lane Speirs for president, and Programming and Public Relations Chair Kirby Krogstad as vice president.
- Sen. Irakoze Naftari for president and Sen. Seth Gutz for vice president.
- President Ally Helms received the presidential nomination, with State and Local Government Chair Taylin Albrecht for her VP.

Senate petitions were due in the Students’ Association Office, Tuesday. Campaigning season now begins.

The SA election for president and vice president, as well as college senators, will be March 21 and 22. The Collegian will have an election put together in the week coming up to the election.

During new business, SA approved a club constitution for I Am That Girl, as well as special allocation requests for Political Science Club, Chemistry Club and FIRE Club. SA also approved a new venture request for Human Powered Vehicle Club (HPVC).

Isaiah Croatt, a candidate for the Brookings City Council, spoke to senators during the Open Forum portion of the meeting. He announced to senators he plans to represent students, since he is 19 years old, and one focus of his platform is to improve the lack of affordable housing for students through various mediums, such as better public transportation.

The next SA meeting will be at 7 p.m. March 13 in the Lewis and Clark room in The Union.

>> PROVOST Continued from A3

He started as an assistant professor in the Department of Pharmacy Practice, and then moved on to associate professor, professor, head of the Department of Pharmacy Practice, associate dean of the college and dean of the college.

Hedge will help to launch a search for a new dean of the College of Pharmacy and Allied Health Professions.

“I am extremely humbled and honored to be the next provost and vice president of academic affairs at SDSU,”

Hedge said in a university press release. “Most of my professional career has been spent on this campus, and I have witnessed tremendous growth and positive change during that time. I look forward to working with our faculty and leadership to continue those efforts, and enhance student success and academic quality through all of our colleges and departments.”

The appointment is pending for approval from the South Dakota Board of Regents. The next SDBOR meeting will be in March.

Hedge officially began the appointment March 1.

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Sports

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SDSU hopes for eighth trip to the NCAA Tournament

CALEB CHRISTENSEN
Sports Reporter

For the first time since the 2010-11 season, there is a regular season champion of the Summit League other than South Dakota State or South Dakota. Western Illinois ended the season winning eight of their last 10 games, to claim the 2016-2017 regular season title.

Another impressive statistic about this year's Summit League Tournament is that the Jacks are going for their seventh Summit League Tournament title in the last eight years. The only other team to win in that stretch was USD in 2013-14, when they beat SDSU in the second round, then later defeated Denver to win the title.

SDSU (12-4 in Summit) earned the No. 3 seed this year, with pre-season Summit League Player of the Year Macy Miller out for the season. That means they'll take on No. 6 seed Oral Roberts (7-9 in Summit) in the quarterfinals of the tournament.

The Jacks have to win three games in three days to win the Summit and get a bid to the NCAA Tournament. The road to the tournament starts 2:30 p.m. on Sunday, at the Denny Sanford PREMIER Center in Sioux Falls. Both times the teams met this season the Jacks came away with victory margins of at least 20 points. It might be easy to overlook a team like that, but SDSU head coach Aaron Johnston isn't thinking that way.

"It's going to be a very different Oral Roberts team," Johnston said. "We caught them at an off time, when they had key players out with injuries, and we played very well. It's also going to be the Summit League Tournament, no one really has an off-day at the Summit because everyone is bringing their 'A' game all the time."

Johnston said he wanted his seniors and leaders at this time of the year to elevate their games. Senior guard Kerri Young had dominant performances both times against Oral Roberts and will be playing in her fourth and final Summit League Tournament.

The three seniors on the team have won the tournament every year, except their first year at SDSU. They know what it takes to win, and not overlook any one game.

"I don't think our team will overlook Oral Roberts at all," Young said. "Us seniors will be looking to give it all we have, since it will be our last time playing in the Summit League Tournament. We need to take each day at a time. We obviously want to get back to the NCAA Tournament, but we need to take care of business in Sioux Falls first."

Senior center Clarissa Ober and junior forward Ellie Thompson will be a huge part of the Oral Roberts game, Johnston said.

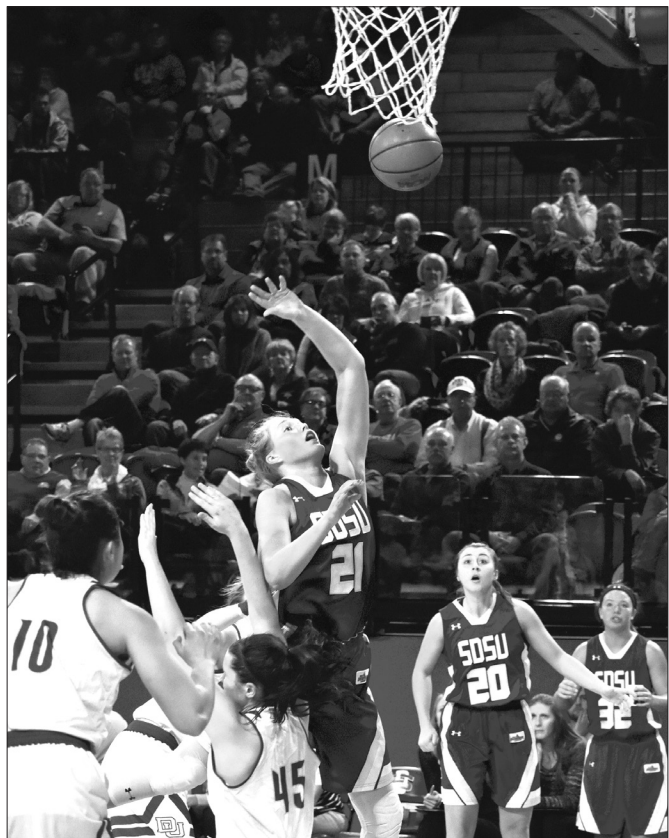
"Oral Roberts is very good inside, we need our guards on the perimeters to throw it into the post, and also be able to get the kick out and score from the perimeter," Johnston said.

With three Summit League Tournament Championships on her resume, Ober knows how different tournament play is from the regular season. The Jacks tallied 54 points in the paint the last time SDSU played Oral Roberts at home, Feb. 8, in large part to the post's play down low, but it could be a completely different ball game Sunday.

"We need to go out and focus on one game at a time," Ober said. "Just because we beat them both times during the season doesn't mean we are guaranteed to win Sunday. Johnston has emphasized getting the ball within 10-15 feet from the basket, so we have tried to make that a big part of our game."

If the Jacks duplicate their success against the Golden Eagles, they will play at 2:30 p.m. Monday against the winner of the IUPUI/NDSU game. SDSU swept NDSU and split with IUPUI during the season.

The quarterfinal and semifinal tournament games will be broadcasted on Midco Sports Network and WatchESPN.com. The championship game will be played at 2:30 p.m. Tuesday and will be on ESPNU and WatchESPN.com.



ABBY FULLENKAMP • The Collegian

Clarissa Ober goes for a layup against Denver on Feb. 23. The Jacks will take on Oral Roberts at 2:30 p.m. March 5 in Sioux Falls.



ABBY FULLENKAMP • The Collegian

Mike Daum shoots during the game against Denver on Saturday, Feb. 25. The Jacks will play Denver again in the Summit League Tournament at 6 p.m. March 5 at the Denny Sanford PREMIER Center in Sioux Falls.

Putting SDSU basketball on the map one game at a time

ANDREW HOLTAN
Sports Editor

Something special is happening for Mike Daum this season.

Daum, a sophomore forward for the South Dakota State men's basketball team, is not only getting attention from people in the state of South Dakota, but across the country.

On Feb. 18 he scored 51 points and had 15 rebounds against Fort Wayne. That was the highest amount of points scored in a single game by anyone in NCAA Division I this season. It was also only the second time in the last 20 years that a player had more than 50 points and 15 rebounds in a game.

That performance landed him an interview on ESPN's "SportsCenter" the next day, which both Daum and head coach T.J. Otzelberger said was great for the program.

"It was crazy," Daum said. "It's great exposure for the program and the school. For all the guys to be a part of — it's just nice to get the SDSU name out there."

Otzelberger thinks the more national exposure SDSU gets, the better.

"It allows us to kind of spread our wings further on a recruiting front. It allows guys to know that they come here and achieve their goals team-wise and individually," Otzelberger said. "So, huge credit to Mike and it's an awesome thing for our program."

Daum has averaged 27.8 points per game in the Summit League and in his last six games he has averaged 32.1 points per game. No one in the Summit League has been able to stop him, as he is first in the confer-

ence in total points, rebounds and made free throws.

Daum finished the regular season averaging 24.9 points, 8.1 rebounds and shot 42 percent from the three-point line, making him the second player to average these numbers in the past 25 years. Otzelberger, who is in his first year at SDSU, said he wasn't surprised by the season Daum is having after he saw that he averaged 15.2 points in 20.1 minutes per game last season.

"We knew he was talented that way and we've tried to put him into a position where he can let his talent take over and he's got the freedom to use those abilities, and he's really stepped up," Otzelberger said.

With only the postseason left, Daum will more than likely average the most points per game in a single season in SDSU history, which is a record currently held by Jason Sempstrott, who averaged 23.9 points per game in 1997. Daum also broke SDSU's single season total points record Saturday, against Denver, which was held by Chad White after he scored 748 points during the 1992-93 season. Daum now has 773 points and doubted at first that he would put up these numbers.

"It was definitely a big surprise this year. So, it's just been kind of crazy being a part of that," Daum said.

Daum is second in Division I in points per game this season, only behind Central Michigan's Marcus Keene, who is averaging 29.7 points per game.

But Daum can't take all the credit, he said. His teammates play a big role in helping him on the offensive end.

"My teammates around me do a great job facilitating, and it's easy for me to play with them. They're the ones that do all the hard work for me and I just have to shoot the ball," Daum said.

One of those teammates is junior Reed Tellinghuisen, who is second on the team in scoring and averages 11.5 points per game. Tellinghuisen said it's unbelievable to see Daum's hard work in practice correlate with the game.

"We have all our confidence in him. When he shoots the ball, we know it's going in. So we just let him do his thing," Tellinghuisen said.

After his 51-point performance against Fort Wayne, Daum won multiple weekly awards, including the Summit League Player of the Week and College Sports Madness Mid-Major Player of the Week. He was also named to the NCAA All-Week team.

With all the praise he's gotten in the past week, Daum isn't worried about getting a big ego heading into the Summit League Tournament.

"I feel like that's actually pretty easy," Daum said. "I just don't let it get to me. The coaches and my teammates do a good job of keeping me level-headed, because I know that there's always someone better and there's always someone working. So, I just have to keep myself working hard, too."

SDSU will take on Denver in the first round of the Summit League Tournament, 6 p.m. Sunday at the Denny Sanford PREMIER Center in Sioux Falls.

ATHLETE OF THE WEEK: BRYANT COURTER

TRACK AND FIELD



ABBY FULLENKAMP • The Collegian
Courter participating in the triple jump during the Summit League Championship in the Sanford-Jackrabbit Athletic Complex. He got third in the event

Year: Freshman
Hometown: Rich Hill, Missouri
Major: Exercise Science

ANDREW HOLTAN
Sports Editor

The South Dakota State men's track and field team participated in the indoor Summit League Championship Feb. 24 and 25 at the Sanford-Jackrabbit Athletic Complex. The Jacks came in second place, behind North Dakota State.

Bryant Courter was named the Field MVP and Newcomer of the Championship after having three top-five finishes. Courter won the long-jump, finished third in the triple jump and fifth in the high-jump. With this performance, Courter has been named this week's Collegian Athlete of the Week.

Up next for SDSU will be NCAA Indoor Championships March 10 and 11 in College Station, Texas. Then they will begin their outdoor season March 24 and 25 at the Arkansas Twilight in Fayetteville, Arkansas.

Softball

The Jackrabbit softball team played in the Cardinal Classic, hosted by Lamar University, Feb. 24 through Feb. 26 in Beaumont, Texas. SDSU went 1-4 during the event, to drop to 4-11 on the season.

SDSU defeated Alabama A&M, 8-0, in six innings Feb. 26. Senior Ashlyn Bender was in the circle pitching for the Jacks and improved to 4-4 this season.

Bender and junior Madison Hope combined to give up only one hit. The Jacks had 10 hits and sophomore Ali Herdliska went 2-2, with a homerun and five RBI's.

What's next: The Jacks will head to Clearwater, Florida March 6 through March 8. While there, SDSU will take on Western Michigan, Niagara, St. Bonaventure, Southern Illinois Edwardsville and La Salle.



FILE PHOTO • The Collegian
South Dakota State defeated Alabama A&M 8-0 Feb. 26. Pitcher Ashlyn Bender improved to 4-4 on the season with the victory.



GOJACKS.COM
The Jackrabbits will be in California March 5 through March 10. The women will play California State, Northridge.

Tennis

The SDSU men's and women's tennis teams both fell to the University of Missouri Kansas City, Feb. 26 at the Kansas City Racquet Club. The men lost 4-0 and the women lost 4-1.

Junior Marco Paulo Castro was closest to getting a victory for the Jackrabbit men, losing 6-2, 5-7 and 7-6 (9-7). Senior Iasmin Rosa got the lone win for women with 7-6 (4), 6-3. Rosa won Summit League Player of the Week in the previous week.

What's next: The Jackrabbits will head on a road trip to California, March 5 through March 10. Both teams will take on California Riverside, Westmont College and Azusa Pacific. The women will play an extra match against California State, Northridge.

Track and Field

The South Dakota State men's and women's track and field teams participated in the Summit League Championship at the Sanford-Jackrabbit Athletic Complex in Brookings. The men came in second place behind North Dakota State and the women came in third place.

Senior Joel Reichow won the Championship Track MVP after winning the mile run, winning the

5,000-meter run and earning third place in the 3,000-meter run. Freshman Bryant Courter won the Championship Field MVP and Newcomer of the Championship, after winning the long jump and finishing third in the triple jump.

Freshman Jaymie O'Connor broke the SDSU 60-meter hurdles record after finishing in 8.61 seconds. Two other school records were also broken

What's next: SDSU will be at the NCAA Indoor Championships March 10 and 11 in College Station, Texas. Then they will begin their outdoor season March 24 and 25 at the Arkansas Twilight in Fayetteville, Arkansas.

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Available Now	Available May (continued)	Available May (continued)
2 bed / 1 bath apartment located at 310 Samara Ave, Volga. Includes wall AC, stove, fridge, and single garage. Coin laundry available. No pets. \$650/mo.	3 bed / 1 bath duplex located at 702 7th St, Brookings. Located in the historic section of Brookings about four blocks from SDSU. The home includes laundry. \$885/mo.	4 bed / 2 bath house located at 1417 7th St, Brookings. Spacious home includes living room, family room, laundry, dishwasher and central air. This nice home has large back yard with deck and double car garage. Close to SDSU campus. \$1,400/mo.
2 bed / 1.5 bath townhome located at 420 Honor Dr, Brookings. Nearly new townhome with stainless steel appliance, central air, and laundry in unit. Also has single attached garage. Pets welcome with \$500 deposit. \$1100/mo.	3 bed/ 2 bath house located at 1049 8th Ave, Brookings. Nice house in a quiet neighborhood located just west of SDSU campus. \$1,080/mo.	5 bed / 2 bath house located at 614 14th Ave, Brookings. Must follow 3 unrelated ordinance. No pets. Located less than two blocks from campus. \$1,700/mo.
3 bed / 2.5 bath townhome located at 420 Honor Dr, Brookings. This nearly new townhome has stainless steel appliances, laundry, patio area, attached single garage, and is very spacious! \$1275/mo.	3 bed/ 1 bath house located at 725 11th Ave, Brookings. 1/2 block from SDSU campus. Includes a washer and dryer in the house, large living area in the basement, and lots of storage space. \$1,125/ mo.	5 bed / 2 bath home located at 504 Medary Ave, Brookings. This five bedroom unit has two bathrooms and two kitchens. Both kitchens have dishwashers. The home features a large amount of living space. The owner takes care of snow removal and lawn care. The home features built-in cabinets on the main floor. There is off-street parking. There is a large shed that can be used for bicycle, motorcycle, ATV or other storage. \$1800/mo
Available April	NEW CONSTRUCTION! 3 bedroom / 2.5 bath townhomes with attached single garages in Brookings. Include stainless appliances, Stain master carpet, central A/C and heat, back door leads to a concrete patio, lawn care and snow removal. Pets are welcome, but a \$500 pet deposit would apply. Rent is \$1,305/mo.	5 bed / 2 bath house located at 411 5th Ave S, Brookings. Very nice home with 2 kitchens, laundry, central air, single garage, and plenty of extra parking. A must see! \$1800/mo.
4 bed / 2 bath house located at 1417 7th St, Brookings. Spacious home includes living room, family room, laundry, dishwasher and central air. This nice home has large back yard with deck and double car garage. Close to SDSU campus. \$1400/mo.	4 bed / 2 bath home located at 109 12th Ave S, Brookings. The top half of the duplex has a deck. The owner pays for lawn care. Can have 4 unrelated tenants. 7 blocks from campus. Many exterior updates. \$1,400/mo.	6 bed /3 bath house located at 1329 3rd St, Brookings. There are two bedrooms and a bathroom on each floor. Two bathrooms have been completely remodeled in the last three years. There are two kitchens. The yard is very large, and lawn care is provided. \$1,980/mo.
Available May	4 bed, 1 1/2 bath home located at 918 2nd St, Brookings. Includes appliances and laundry. Can have 4 unrelated tenants. \$1,440/mo.	6 bed / 3 bath house located at 615 Campanile Ave, Brookings. Includes 2 kitchens, double detached garage, and large back yard. One block from campus! Rent \$2,400/mo.
Loft apartments available located at 116 Main Ave S. Includes stainless steel kitchen appliances, dishwasher, stovetop, fridge, microwave / convection oven, air conditioning, laundry, wi-fi, tile shower, & granite counter-tops. 3rd floor units have 16' ceilings and a lofted sleeping area with spiral staircase. No pets. Rent is \$750 - \$925/mo.	4 bedroom / 2 bath house located at 715 3rd St. Can have 4 unrelated. 3 blocks from downtown, 8 blocks from campus. Includes garage/shed. \$1200 / mo.	6 bed / 3 bath home located at 625 9th St, Brookings. This is a large house located just three blocks from SDSU. Includes laundry, central air / heat, two kitchens, & a new furnace. \$2,400/mo.
Studio / 1 bath apartment located at 925 3rd Ave #2, Brookings. Located about 7 blocks west of SDSU. Gas bill is split with the main tenant. No pets. \$390/mo.	4 bed / 2 bath house located at 209 2nd St S, Brookings. This home has a double garage, all appliances, laundry and central air. \$1260/mo.	7 bed / 4 bath home located at 105 Gilley Ave, Brookings. Spacious house with many kitchens! Nice yard and garage! Includes central air. \$2,380/ mo.
Studio / 1 bath apartment located at 510 Main Ave #22 & #24, Brookings. Located on the top floor of the Watson Clinic, downtown. Includes utilities & wireless internet. Laundry in building. Off street parking. Rent \$850/mo.	4 bed /1 bath house located at 1010 1st St, Brookings. Nice home with all appliances, single garage, and central air. \$1260/mo.	8 bed / 3 bath house located at 504 Medary Ave, Brookings. The home features a large amount of living space. 3 Kitchens, and 3 bathrooms. The owner takes care of snow removal and lawn care. The home features built-in cabinets on the main floor. There is off-street parking. There is a large shed that can be used for bicycle, motorcycle, ATV or other storage. \$2700/mo.
NEW CONSTRUCTION! 2 bedroom / 1.5 bath townhomes in Brookings. Include stainless appliances, Stain master carpet, central A/C and heat, back door leads to a concrete patio, lawn care and snow removal. Pets are welcome, but a \$500 pet deposit would apply. Rent is \$1,100/mo with attached garage. \$950/mo without.	4 bed / 2 bath house located at 1734 Santee Trail, Brookings. Beautiful and spacious home with laundry, dishwasher, garage, and enclosed sitting room / patio. Includes central air / heat. Right behind the house is direct access to the bike trail, tennis court, and playground. \$1,440/ mo.	
3 bed / 1 bath apartment located at 324 7th Ave S #2, Brookings. Owner takes care of lawn and snow. Laundry on site. \$735/mo.	4 bed / 2 bath house located at 729 11th Ave, Brookings. This home is located right on the edge of campus. Laundry included in unit! \$1,460/mo.	

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Eating healthy in an all-you-can-eat world

EMILY De WAARD
News Editor

For some, eating at a buffet is the equivalent of an all-you-can-eat feast, which is not exactly conducive to healthy eating. Larson Commons, although a buffet-style food establishment, is working toward serving students healthy, quality food.

When presented with a buffet, it may not always be easy to eat healthy when there are burgers made to order. The best way to combat this, according to wellness coordinator Mariah Weber, is going to Larson's, or wherever you dine, with a plan.

"If you go into any food-court-style establishment with a plan, that helps," Weber said. "If you go just to browse, you tend to make unhealthy decisions. People often go to a buffet and only want to make one trip and tend to overload. Instead, they should start with their salad, for example, and think about what they might get after seeing their options, and then return for their entrée."

Doug Wermedal, associate vice President for student affairs said initially grabbing too much food is an issue when eating at a buffet. The university came up with a simple solution to aid this problem, among others, Wermedal said.

"We're trying to present variety, but not overindulgence. We got rid of trays to help counteract that so students won't overload a tray with food," Wermedal said. "Not only does this help with overconsumption, but I believe this was a smart move sustainability-wise. There was an evident volume of unconsumed food with trays — getting rid of trays has helped cut down on food waste."

Campus Dish is one way for students to better plan their meals and eat well. Campus Dish is a website and app students can use to check the menu every day at Larson's, as well as all campus dining locations.

Wermedal said this service allows students to see everything on the menu, from main entrées to raisins and apple-sauce on the salad bar. Campus Dish also provides nutrition facts on all foods, allowing students to compare their options.

The university has worked the past few years to improve healthy food options on campus, as well as food quality, particularly at Larson's.



ABBY FULLENKAMP • The Collegian
Larson Commons has recently upgraded its space and menu. Larson's now offers a new, upgraded salad bar, exhibition bar for made-to-order meals and an increased variety of vegetarian and gluten-free options.

The university observed student satisfaction with Larson's was low for a while, Wermedal said. With less students eating at Larson's, he said, implementing improved programs was needed.

These improvements started several years ago with upgrading the environment of Larson's, Wermedal said, making a comfortable atmosphere to dine and hang out, promoting social connectivity amongst students.

Next, Wermedal said they are working to offer healthier foods and improve quality. One step was getting a new \$50,000 salad bar, which also features a hot bar for soups.

Additionally, revamping the menu with contemporary recipes is of high priority to Wermedal, as well as Dennis Nord, new chef manager at Larson's.

With a new menu every semester, Nord said they are always trying to provide more restaurant-quality food. Nord, who started at SDSU in July, said he has already seen improvement with gluten-free and vegetarian options, and overall healthier, better quality food.

Weber said she tries to eat at Larson's once a week to keep in tune with students' experience.

"I'd say Larson's is the healthiest place on campus," Weber said. "I think they do a good job of providing variety and catering to different needs on campus."

Nord highlighted Aramark's latest program "Feed Your Potential," which strives for healthy food options, as well as educating consumers to make sound food choices. Making healthy decisions and planning are the key to healthy eating, according to Weber.

The latest program change to help improve Larson's, Wermedal said, was altering the meal plan, adding a required amount of blocks to flex meal plans.

"Getting students eating at Larson's is critical to good recipe building," Wermedal said. "We needed to implement some program change at Larson's to get [attendance] numbers up, which would allow us to do the kind of recipes we wanted to do for students."

Nord said university staff are working to give students "the quality of product they deserve and are paying for with their meal plan."

With the new meal plan requirement, Nord and Wermedal said their goal is not to force students to eat at Larson's, but to make it an affordable, preferred and healthy option as part of their meal plan.

"We don't want students to feel like they have to be here," Nord said. "We want to give them a positive experience so that they want to be here. We want Larson's to be a place for students to socialize, relax and have a good, healthy meal."

>> BIKING

Continued from A1

According to Weber, Jackson very well could be getting an adequate workout just by biking to and from class.

"Exercise can be broken up into increments, so you don't have to do, say 30 minutes all at once, you can do ten minutes here, ten minutes there and ten minutes somewhere else," Weber said.

Aside from a parking pass, there are other financial and health reasons to not driving a vehicle to campus, according to founder of the SDSU Bike Club Mark McLaughlin. He believes that cycling leaves less stress about paying for gas on parking.

"There's a lot of economic reasons to do it and it wakes you up in the morning and gets you ready for classes," McLaughlin said. "I personally always feel better after biking; it's a great stress reliever ... it's a good form of transportation that's healthy and good for a city environment. I've found it's easier than a car."

One concern students may have, however, is commuting without a vehicle during the winter. According to both Weber and Parks, this issue can be taken care of by simply preparing and planning ahead.

"I would say the big thing is you just need to bundle up ... if it was a blizzard, yes, that may cause more of a problem," Weber said. "I think it's a matter of educating people. If you can drive in it, you can most likely walk in it."

Jackson agreed with Weber and Parks that, with adequate clothing, biking to campus is a viable option even in winter.

"It's not that much different [than in the warmer months], it just gets a little colder so I just have to bundle up a little more, the only thing that stops me is if there's a couple inches of snow and I can't get traction," Jackson said.

Walking or biking to campus can also improve time management and mental health. According to Weber, students can improve their planning skills by leaving earlier for class. Similarly, she

believes this extra time before class can provide an opportunity to reflect or simply relax during a stressful day.

However, if students choose to bike on campus, there are a number of rules that apply that Parks believes some students might not be aware of.

"Technically speaking, in terms of just being a good human being, bikes shouldn't be on sidewalks; they need to be on the roads. I think that's something SDSU has to move more toward," Parks said.

Parks also suggests cyclists wear reflective gear at night and a helmet at all times, adding that it can "make all the difference between life and death."

Similarly, cyclists need to be aware of pedestrians on and off campus, according to Weber.

"I would say be aware of your surroundings and where the cars are, knowing where other people are as well, because we've all been on campus where a bicyclist just zips on by and cuts it a little bit close," Weber said.

>> PRESSURE PILL

Continued from A1

What pressure pills do is help students focus, settle down and react to their environment. These prescription drugs, such as Adderall or Ritalin, are typically prescribed to students with Attention-deficit/hyperactivity disorder (ADHD).

Liza McCann, a senior graphic design and advertising major, is prescribed Adderall. It helps her pay attention and "zoom in" on work so she isn't distracted by other things.

McCann tries to keep the fact that she takes the prescription medication to herself, because she doesn't want people to ask her about it. A few people have approached her about using her medication to help them study, but she hasn't given it to anyone.

"I don't think people realize what they're doing is putting amphetamines in their body," McCann said. "I don't want to have to take it, and I don't most of the time because I don't like how it makes me feel. People need to realize it's a prescription drug that can harm you, just like any other drug."

One side effect McCann is concerned about when people take pressure pills are the effects on mental health. She said it can make people moody.

"It will kind of turn you into something you're not," McCann said. "I don't know why people would want to deal with that when they don't need to."

Additional effects of such drugs include issues with high blood pressure, anxiety and impulsiveness, especially if a person doesn't have ADHD and uses the drug, according to Jeremy Daniel, an assistant professor with the College of Pharmacy and Allied Health Professions and a psychiatric clinical pharmacist with Avera Health.

"Students might have too heavy of a class load, or they aren't using their time well. So, they use these stimulants as a crutch to get them through heavier times," Daniel said.

And there's always a possibility of developing an addiction, even if the drugs are used only three or four times a semester. Any medication that affects dopamine in the brain can affect addiction, Daniel said.

Short term abuse of such medications can cause insomnia and sleep deprivation for students.

"Typical signs of abuse would be someone who during finals week stays up for days studying for tests, but then crashes and sleeps most of the weekend," Nichols said. "Whenever someone is taking them off-label or abusing them not as prescribed, that's typically it. They've got a lot due, they can stay up and not sleep, but then they crash. It's very extreme."

According to Daniel, there are other ways for students to curb stress and carry such a heavy workload. This includes exercising, spending time with friends or finding an inexpensive hobby.


"Students crunched for time typically avoid those activities because it takes up a certain amount of time. But you don't have to spend an hour working out," Daniel said. "One of the things we see on the mental health side of things is that even exercising or taking time to relax for 10 to 15 minutes, you're more productive after that time — more effective in the time you have left."

McCann believes the use of pressure pills to perform better in school is more common than the use of some other drugs because it's casual.

"It's just around. People see others doing it and don't think twice about what it actually is," McCann said.

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HOW TO COPE:

STRESSING OUT IN COLLEGE

WHAT IS STRESSING OUT?

OUR PERSPECTIVE

Mental constipation. Procrastinating because you are stressed, and stressing out because you are procrastinating. Involuntary self abuse (your own hand smacking yourself in the face because your mind is mad at you).

SCIENTISTS' PERSPECTIVE

The body's reaction to a challenging situation. The reaction releases hormones, which results in the physical embodiment of stress. This then initiates the body's "fight or flight" response.

COGNITIVE SIGNS

- Impaired concentration
- Trouble remembering things
- Impaired speech (mumbling or stuttering)



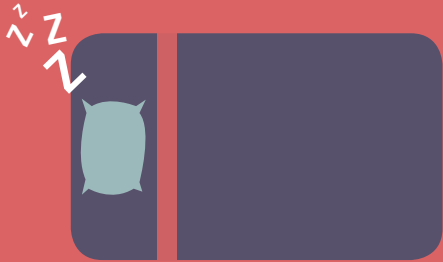
the SYMPTOMS



EMOTIONAL SIGNS

- Less than normal patience
- Feelings of sadness and/or depression
- Feelings of being overwhelmed
- Restlessness

- Reduced desire for activities once enjoyed
- Irritability
- Sense of isolation
- More frequent or extreme pessimistic attitude



BEHAVIORAL SIGNS

- New or increased use of drugs
- Nail biting
- Delay to complete everyday responsibilities
- Significant change in work performance

- Unusual desire for social isolation
- Frequent lying
- Trouble getting along with peers, coworkers
- Change in sleeping and eating habits

PHYSICAL SIGNS

- Involuntary twitching or shaking
- Getting sick more often than normal
- Headaches
- Nausea

- Muscle aches
- Flushed skin
- Clenched teeth
- Unusual changes in weight



13% of college students have been diagnosed with depression, anxiety or other mental health conditions

Ways to manage stress and reduce test anxiety

1

Study as much as you can.

2

Try to mimic test taking conditions.

3

Learn to study more effeciently.

4

Go for a walk.

5

Squeeze a stress ball.

6

Watch your diet.

7

Get enough sleep.

8

Exercise regularly.

9

Make sure you have plenty of time to study.

Life is beautiful. Take a breath, and take it easy.

80% of college students sometimes or often feel stressed

Campus resources SDSU Counseling Services - (605) 688-6146 • SDSU Nutrition Services - (605) 697-9355

Information taken from <http://www.learnpsychology.org/student-stress-anxiety-guide/>.
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